

Hurunui Mental health pathways – December 2021

Hurunui Medical Centres

First port of call for mental health issues

admin@amberleymc.co.nz 03 314 8504

cchc@xtra.co.nz 03 3198 630

reception@amurihc.co.nz 03 315 6328

manager@hanmermc.co.nz, 03 315 7503

admin@waikarihealth.co.nz 03 314 4506

Waitaha Health - Rural Mental Health Specialists

Take referrals from GP or from specialist mental health services triage coordinator. RMHS offer brief intervention therapy and work with a person's GP and primary care team to review and make the right referrals, which may include community agencies. RMHS can offer four Brief Intervention Therapy sessions, also known as BIC (Brief intervention counselling). There is a RMHS at all Hurunui medical centres one day a week.

RHMS provides Youth Brief Intervention services.

Simon.Pickering@waitaha.health.nz Upper Hurunui (Cheviot, Waikari, Rotherham, Hanmer Springs)

Anna.wilson@waitaha.health.nz Amberley

Waitaha Health – Triage coordinator – Rural Mental Health Specialists

Take referrals from Hurunui GP and assess clients via phone to filter cases through to RMHS. Based in Christchurch. bernie.thomas@waitaha.health.nz 021566 329

Waitaha Health - HIPS

Health Individual practitioner – to be attached to each medical centre and accessed through GP appointment. HIPs practitioner will help people with finding the right resources, link with other services. This service is not available in Hurunui as practise nurses are able to fill this role. (Funding for HIPs in Hurunui due July 2021)

CAF – Child, Adolescent & Family

Specialist Mental Health Services, Multiple services for Adults, Child Adolescents & Family (CAF) – General services, Specialist services – access points via Single Point of Entry for Adults & CAF Link for Children & Young people. The CAF North team, Adult Rural team and School based mental health team service NC specifically. For other needs referrals to specialist services are facilitated. Christchurch.

SPOE – single point of entry for adult referrals 0800 920 092
CAF – EM – (CAF Emergency) 0800 218 219 ex 2
CAF LINC – Referrals for CAF services. Single point of entry 0800 218 219

Community Mental Health Support

Wellbeing North Canterbury – range of wellbeing services including counselling. All referrals to refer@wellbeingnc.org.nz 03-310 6375 Pegasus Health clients contact: 0800 246 099

ComCare Trust North Canterbury

Mental health support, Community Support, Peer Support, Employment support Job Connect, Activity Based support, Health Living programme Housing support, Community Integration support and Social Housing. Mental Health Moderate to severe. Advocacy & Home visits. Rangiora – transport from Amberley one day a week. Support workers will travel to Hurunui.
a.raines@comcare.org.nz. (03) 310 6060 (03) 377 7020 enquiries@comcare.org.nz

Step Ahead Trust North Canterbury

Step Ahead Trust provides social, physical, creative, and educational activities in Rangiora on Mondays and Wednesdays for people who experience mental illness. Non-residential. Transport is available from Amberley on Wednesdays. 18-65 years. Rangiora. <https://stepahead.org.nz/>, info@stepahead.org.nz 03 389 4001 | 0800 688 732 022 173 1673.

Rural Support Trust

Accessed through an 0800 number. If the client then requires a professional eg. counsellor, farm consultant etc. RST help to facilitate that process for them and get them in touch with the right people.

RST can help fund some counselling sessions if it is mental health related and if they are wanting to do this, but this is done on a case by case basis and must be run past the Chair to approve. RST have a list of counsellors – including Hurunui based counsellors. ncrst.coordinator@gmail.com

Waitaha Health Canterbury

Health promotion in medical centres, smoking cessation, youth health, elderly health, healthy eating and physical activity promotion educational courses. Palliative care, baby feeding service, dietician, diabetes, mental health, immunisation, stop smoking. 0800 800 743 enquiries@waitaha.health.nz

Waitaha Health Canterbury - Whanau ora support & advocacy: deb.hough@waitaha.health.nz

Maori Health Advisor – pari.hunt@waitaha.health.nz

Waitaha Health Canterbury - Pasifika Support Navigator support & advocacy:
Malu.Tulia@waitaha.health.nz

Waitaha Health Canterbury - Practice Support Navigator / Registered Nurse, Health support, advocacy, Health Promotion: rosie.carr@waitaha.health.nz

Mana Ake

Mental health support in schools. Coordinator Marie Simpson marie.mana.ake@wellbeingnc.org.nz

Mindfulness Training North Canterbury

Training and community courses in mindfulness – based in Hurunui. kate@mindfulnessnc.nz

Hope Baptist Church – based in Rangiora.

Hope Community Trust offers counselling based in Rangiora. Also provide a 30 min consultation for counselling support with sliding scale for feed. Services available in Hurunui via zoom. 03 928 3066, support@hopecommunity.co.nz

Yellow Brick Road (new name for Supporting Families in Mental Illness)

Whanau support and education: CUMI - children understanding mental illness.
WAVES - 8 wk programme support post suicide. 03 366 9284 , (0800) 87 66 82 **Rebecca Jacka**
Suicide Postvention Coordinator, 022 639 3582. yellowbrickroad.org.nz

Te Tai o Marokura - Kaikoura based (Hawarden, Waikari, Rotherham, Cheviot and Hanmer Springs) - access to nurses, counsellors and mentors and can help with licences and financials. Plans are made with the families. Leah Hopwood - leahhopwood87@gmail.com

Te Pūtahitanga o Te Waipounamu is a commissioning agency that works on behalf of the iwi in the South Island to enable whānau to create sustained social impact. Te Pūtahitanga o Te Waipounamu also invests in Navigator roles to support whānau capability. <https://www.teputahitanga.org>

Private practitioners

Meaningful Health Hurunui

(Michelle leaving the district early 2021)_A local response, where mental health and wellbeing are enhanced affordably and sustainably through the co-creation of activities, experiences and educational opportunities for children, youth and the adults that support them. Michelle Cole
027313 8032 Michelle.cole@amuri.net

Therapy Services NZ

Interpersonal Psychotherapy for adults, couples and youth - private practise in North Canterbury. Referrals through GP or website. Dawn Nolan admin@therapyservices.nz 0226420772

Headway Services

Providing psychology services in North Canterbury. 022 453 1863. admin@headwaypsych.co.nz

Mary Hamilton

Based at Amberley Medical Centre one day a week. Now setting up in private practice in Amberley. mfos@xtra.co.nz

Emma Powell – working Tuesdays at Amberley Medical Centre 03 314 8504.

Emma also works as a Youth Mental Health & Addiction Counsellors with Wellbeing NC. 's

North Canterbury Psychology

Leigh Anderson - Acceptance and commitment therapy (ACT), Cognitive behavioural therapy (CBT), Critical incident stress debriefing, Life coaching, Mindfulness-based therapies, Online/telepsychology via Zoom or Skype or similar, Solution-focussed therapy drleighanderson@gmail.com 021 844 855

Addiction services

Youth DoA services - Wellbeing North Canterbury

Referrals to this service is refer@wellbeingnc.org.nz Information and the referral form can be found here: <https://wellbeingnc.org.nz/what-we-do/youth-drug-and-alcohol-service/>

YDA counsellor – active in Hurunui schools, Julie Best - j.best@wellbeingnc.org.nz.

Adult DoA - Christchurch City Mission

First contact with Odyssey House who refer to DoA counsellor in Rangiora. This role was being advertised – may be a joint venture between the City Mission and The Salvation Army.

Hope Baptist Church - Rangiora

Hope Community Trust in partnership with Drug-ARM. Restore - community support Friday 2,30 – 4 pm. Qualified staff available if needing more help. Open access.

Problem Gambling Foundation Canterbury

Qualified counsellors provide free, professional and confidential gambling counselling services for both gamblers and others. Available in Hurunui. help@pgfnz.org.nz 0800 664 262 03 379 2824

Oasis centre for problem gambling– Salvation Army Public health promotion, awareness and information around gambling harm.nicky.taylor@salvationarmy.org.nz 021 718 629